



## Position Description

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<b>Department:</b>	Moore County Department of Aging
<b>Title:</b>	<i>Home Delivered Meals Volunteer</i>
<b>Goal:</b>	<i>The Moore County Department of Aging provides a nutritious home delivered meal to older homebound adults in the rural areas of the county</i>
<b>Duties:</b>	<p><i>Home Delivered Meal Volunteers will assist on their assigned day by delivering hot lunches to seniors.</i></p> <ul style="list-style-type: none"><li><i>• Pick up meals (hot and cold food containers) and a route sheet at designated Home Delivered Meal site.</i></li><li><i>• Deliver meals to between 5 to 14 households, greet clients and check to see if they are okay.</i></li><li><i>• Return empty containers to pick up point immediately after delivery.</i></li><li><i>• Deliver the Snack Paks (Fridays only) along with the Home Delivered Meal</i></li></ul>
<b>Qualifications:</b>	<ul style="list-style-type: none"><li><i>• Must be 18 years of age or older</i></li><li><i>• Must be good with people</i></li><li><i>• Drive own vehicle and have a valid driver's license</i></li><li><i>• Have ability to follow and carry out instructions</i></li></ul>
<b>Time Required:</b>	Meals are delivered late morning Monday through Friday, except for holidays or inclement weather. Volunteers are typically scheduled for the same weekly route but some volunteers deliver more than once a week and some as little as once per month. Routes usually take 1.5 to 2 hours.
<b>Supervisor:</b>	Care Manager
<b>Physical Demands:</b>	Able to lift 10-15 lb. container into car and able to climb stairs if necessary; a negligible amount of force constantly to move objects; work requires stooping, kneeling, crouching, reaching, standing, walking, pulling, lifting, grasping, and repetitive motions; vocal communication is required for expressing or exchanging ideas by means of the spoken word, and conveying detailed or important instructions to others accurately, loudly, or quickly; hearing is required to perceive information at normal spoken word levels, and to receive detailed information through oral communications and/or to make fine distinctions in sound; visual acuity is required for depth perception, color perception, preparing and analyzing written or computer data, visual inspection involving small defects and/or small parts, determining the accuracy and thoroughness of work, and observing general surroundings and activities; the volunteer is subject to inside and outside environmental conditions.